

BENEFIT:

Your food servings tracker



Stick to your healthy eating plan.

Even when you've committed to a healthy eating plan, making sure you're getting the right balance of foods can still be tricky. But using your Healthy Lifestyles food servings tracker can help. Just ask fellow member Maria:

"I eat healthy overall, but I wanted to see if I was really getting the recommended servings of fruits and veggies each day. With the servings tracker, I can record the amount of fruits and vegetables I eat in just a few simple clicks. I can also keep track of how much water I'm drinking so that I stay hydrated."

[Set up your food servings tracker](#) today and make it easier to stay on top of your healthy eating plan.

[Log in to Healthy Lifestyles](#)

Not a Healthy Lifestyles member yet? [Click here](#) for sign up instructions.

Remember, Healthy Lifestyles is available to all State of New Hampshire employees, spouses and their adult dependents. Forward this email to them, too!

Get rewarded!

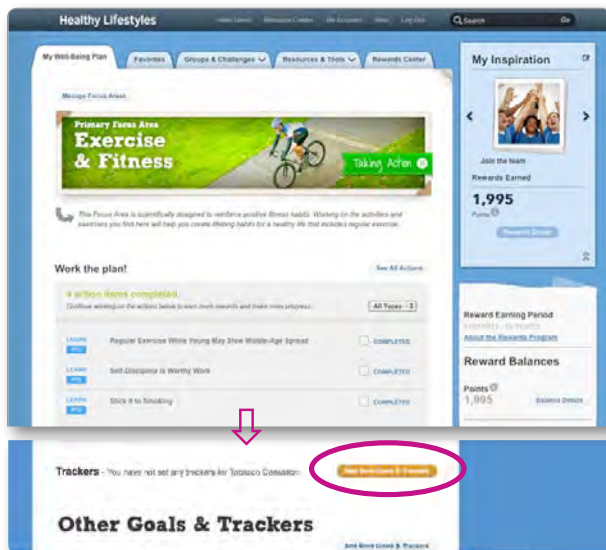
Earn **500 points** when you track your servings, plus one of the following:

- Tobacco
- Food
- Steps
- Exercise

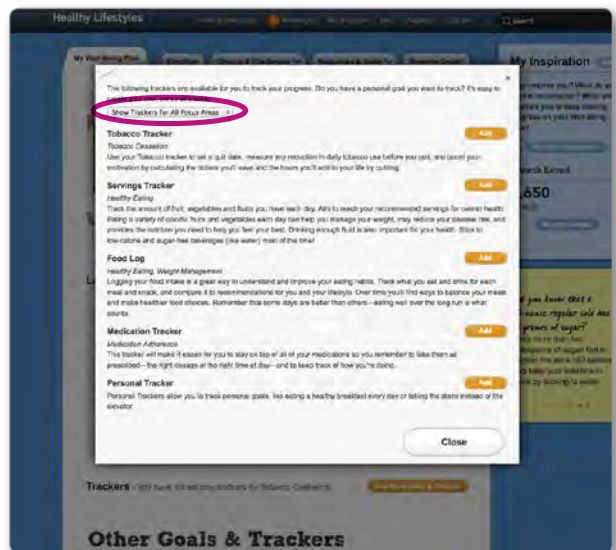
Track your progress at least 10 times every 90 days to rack up your 500 points.



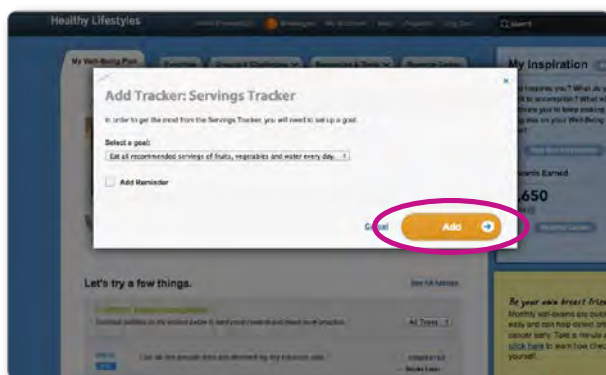
How to add the servings tracker:



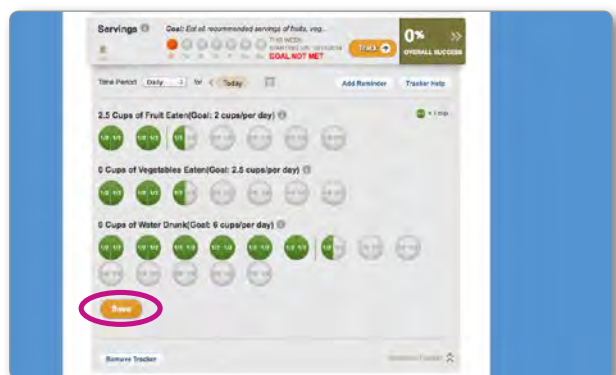
1. From the home page (called My Well-Being Plan), scroll down and select **Add More Goals & Trackers**.



2. Select **Show Trackers for all Focus Areas** from the pull down menu. Then click **Add** to the right of the Servings Tracker.



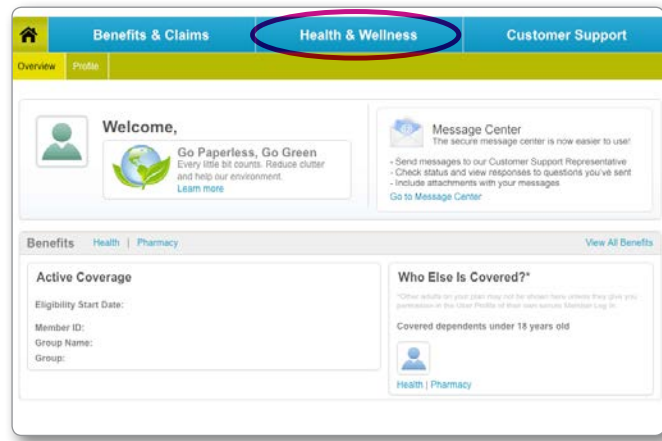
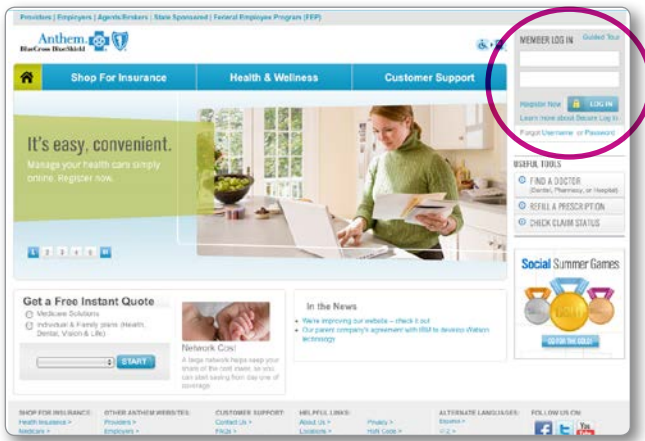
3. Select **Eat all recommended servings of fruits, vegetables and water every day** as your goal. Then click **Add**.



4. Select **Track**. Then click on the circles next to the amount of servings of fruit, vegetables and water that you have consumed for the day. When you are finished, click **Save**.



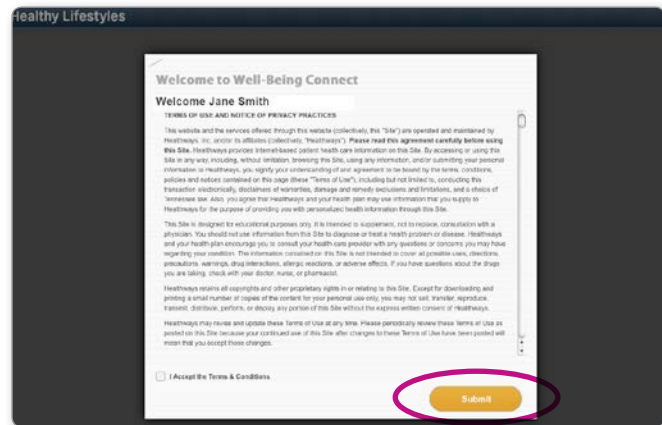
How to sign up for Healthy Lifestyles



1. Go to **anthem.com** and log in using your Anthem username and password.

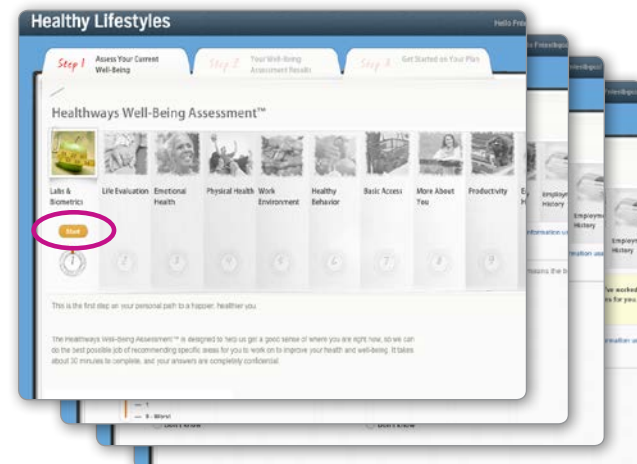
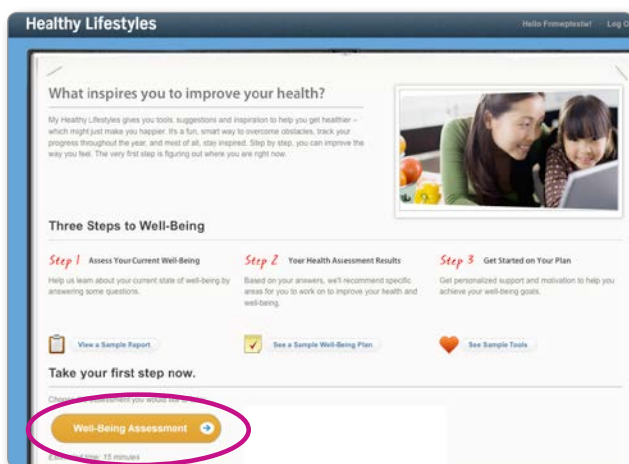
2. Select the **Health & Wellness** tab.

If this is your first visit to anthem.com, select **Register** to complete the registration screens. Once you've registered, log in to get started.



3. To access Healthy Lifestyles, select **Get started >** under the Healthy Lifestyles section.

4. Accept the Healthy Lifestyles terms and conditions and click **Submit**. Congratulations, you're registered!

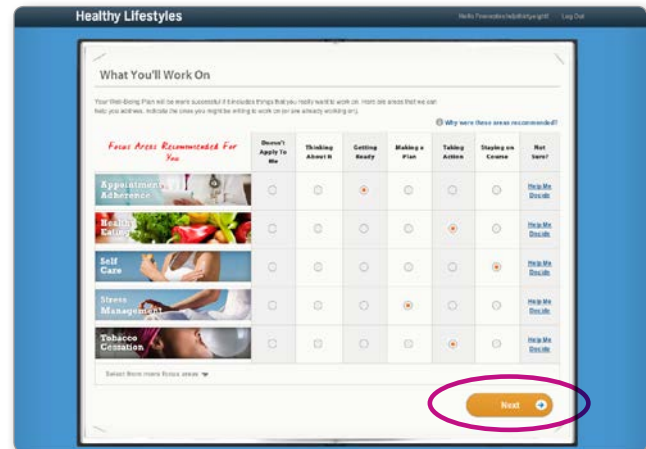


5. Select **Well-Being Assessment** (this is your Health Assessment Tool or HAT) to get a complete picture of your current health and what it will take to improve it.

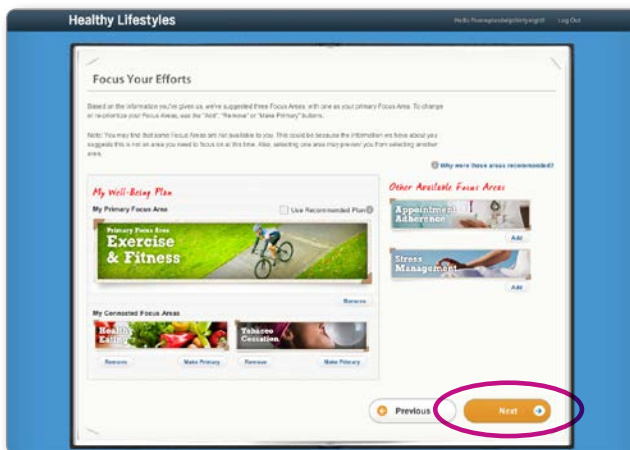
6. Select **Start** and answer the questions on the following screens.



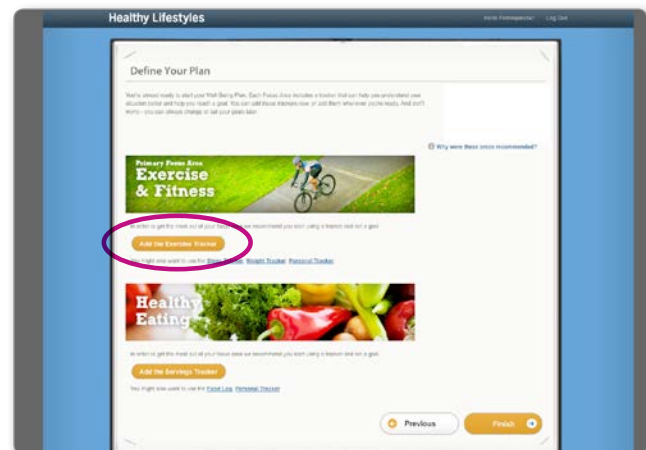
- Click **View Full Report** or download a PDF or view your results. Congratulations, you have completed your HAT! After you've reviewed your results, select **Create Your Well-Being Plan** to personalize your Healthy Lifestyles program.



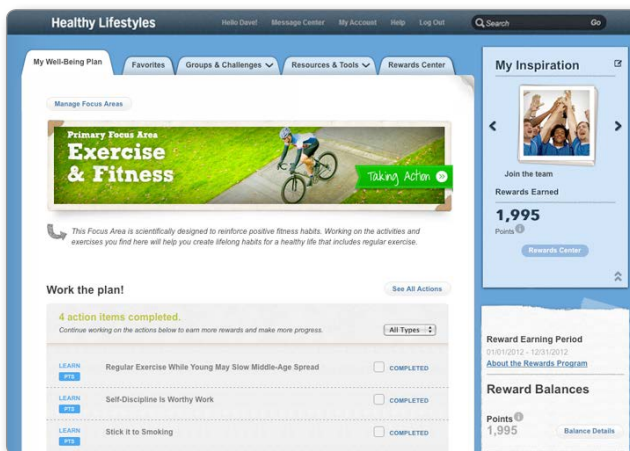
- Healthy Lifestyles will show you the areas that the program can help you address. Use the radio buttons to indicate your interest in working on each area and click **Next**.



- Based on the information you've provided, Healthy Lifestyles will recommend a primary focus area and two connected focus areas. Use the recommended focus areas or swap them out with others. Click **Next** to continue.



- You can choose to add the trackers that support your focus areas here, or you can add them at a later time. After you have chosen your trackers, click **Finish** to complete your Well-Being Plan setup.



- Congratulations! You are now ready to start using your well-being plan, trackers and all of the online resources and tools that Healthy Lifestyles has to offer.

If you have questions about registration or program details, contact the customer service line listed on the back of your Anthem ID card at 1-800-933-8415 Monday -Thursday 8 AM-8 PM, Friday 8 AM-5 PM or email StateofNH@anthem.com.